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GUILTY VERDICT IN CROSS-BURNING JUDGE CERTAIN RACISM FUELLED ATTACK {page 4}



THE MARRIED LIFE FOR RICHIE AND MADDEN?

{page 19}



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Foreign Affair

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School. Service



► Grade Primary students Kate Purcell and Isaac Thomas participate in an Assembly of Remembrance Service at Saint Mary's Elementary School in Halifax yesterday.

PHILIP CROUCHER/METRO

Council gives centre its support

► City staff will negotiate with province on financing proposed \$159-million convention centre ► Federal funding has not yet been secured ► If approved, public consultation on project will begin in January



JENNIFER
TAPLIN
@METRONWS.CA

After over 12 hours of presentations and debate, Halifax regional council decided to support the development of a new convention centre, pending negotiations with other levels of government.

At the end of the night, council went in camera to hammer out their counter-proposal to the province. They supported the project in a 22-2 vote, and worked out their conditions for the province. They won't publicly release them until the negotiations are over. Then, after a deal is worked out, the municipality will publish all the information on its website.

The province wants to be the sole negotiator with developer Rank Inc. for the \$159-million proposed convention centre, and asked the city to give it a property tax exemption.

"The evidence presented shows the business case is there for government to support a replacement for the existing World Trade and Convention Centre,"

Leader of the pack?

► Fred Morley, with the Greater Halifax Partnership, says the convention centre would allow Halifax to be a lead city instead of running in the "middle of the pack."

said Mayor Peter Kelly in a release sent out after 11 p.m., and shortly after the meeting ended.

"We will be seeking a deal with the province, federal government, and the proponent that benefits the downtown, the economy of our region and the province, and is financially acceptable to our citizens."

City staff will "immediately" start negotiations with the province to move the process forward. There is a deadline to sign (or not sign) the developer contract in January.

In the meeting yesterday, staff told council the convention centre would create thousands of jobs, stimulate the downtown economy, and bring more visitors to the area. **MORE COVERAGE, PAGE 3.**

Students remember veterans

The hour-long service was attended by a handful of war veterans and several politicians, including Minister of Veteran Affairs Jean-Pierre Blackburn.

**No Metro
on Nov. 11**



We are off for Remembrance Day, but will return on Friday.

**Herd set to
trade Clarke**

Blueliner headed to
Cataractes, sources say {page 25}

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'It will be a future engine for Halifax'

► Convention centre project would require 1,700 full-time employees to build it, and that work could begin as early as March: Developer



► An image of the proposed convention centre for downtown Halifax.

Be brave, developer Joe Ramia told HRM councillors yesterday prior to them making a late-night decision to move forward on the convention centre project.

Ramia, with Rank Inc., said the municipality needs to look to the future and can't afford to let the opportunity for a new convention centre — along with his hotel and office building — go by.

Ramia was one of three people asked to speak in council chambers yesterday.

Councillors also heard from six staffers and deliberated on the project during a marathon Committee of the Whole meeting.

The other speakers were Heywood Sanders, a university professor from Texas who specializes in convention centres, and Scott Ferguson with Trade Centre Ltd.

"We believe it will be a future engine for Halifax," Ramia said.

He tossed out tidbits like the possibility of having an ice rink in the galleria on

"The design is evolving."

DEVELOPER JOE RAMIA ABOUT THE IMPACT PUBLIC CONSULTATIONS WOULD HAVE IF THE CONVENTION CENTRE PROJECT MOVES FORWARD

Grafton between the two buildings, and the plans for a tunnel to the Metro Centre. He said the convention centre would be LEED gold, a very unique distinction.

He told council he's been talking to big companies in New York and London, gauging their interest in the office space.

"We believe before we come out of the ground, we will be 80 per cent full," he said.

Sanders cautioned council about jumping into a new convention centre when the market is already "overbuilt."

But Ferguson was more optimistic and said with the new centre, the city could go after bigger conferences and hold multiple events at the same time.

"That's the true success we're chasing," he said.

● JENNIFER TAPLIN

Another inmate freed by mistake

The Justice Department is dealing with another inmate being mistakenly released from prison.

Vernon Martell, 41, was still at large last evening after being mistakenly released from custody on Friday. He was serving 84 days in jail at the Central Nova Correctional Facility in Burnside for theft under \$5,000 after breaching the conditions of his sentence.

But the Justice Department said last night in a release "clerical errors within the court administration process" resulted in him being set free.

"It's an error that is concerning to the department," said spokesman Bruce Nunn. "(This is the) second mistake release of this type this year and that's too many."

Nunn said they realized the inmate was missing Monday afternoon and Halifax Regional Police were contacted.

Police spokeswoman Theresa Rath said they spoke with the wanted man by phone on Monday evening and he committed to turning himself into police yesterday, but it didn't happen.

"We are now in the process of checking known addresses or places he may frequent," Rath said last night. ● PHILIP CROUCHER

Meeting

► Nunn said department staff met yesterday to figure out how this happened, and to come up with ways to make sure it doesn't occur again.

1

news


San Francisco becomes first U.S. city to ban toys from fast-food kids' meals. Scan code for story.

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Canadian Second World War veterans share their stories with the Dominion Institute's Memory Project. Video at metronews.ca

GARDEN MEADOWS

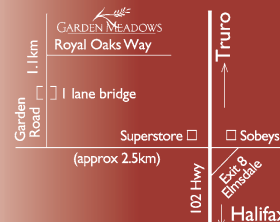
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CANADA GAMES

Games organizers reach volunteer goal

The 2011 Canada Games Host Society announced yesterday it has reached its volunteer target three months before the two-week sporting event is set to begin in Halifax.

More than 5,000 peo-

ple have registered to be Games volunteers, closing down the online volunteer registering system.

"On behalf of the Games, and on behalf of the athletes and visitors who will be here in February, I say thank you," Games chairman Jean-Paul Deveau said in a release.

The Host Society says that having the volunteers in place well before February's start of the Games allows them to get everyone oriented, trained and accredited.

● METRO

Cross burner found guilty

▶ 'The incident engendered fear ... and I'm satisfied that (the fear) was reasonable': Judge ▶ 'I'm going to be a man and face the consequences': Rehberg

There's little doubt racism was behind a young man's decision to burn a cross in front of the home of an interracial couple, a Nova Scotia judge declared yesterday as he convicted Nathan Rehberg of publicly inciting hatred.

The guilty verdict, handed down in Nova Scotia's Supreme Court in Kentville, marked the second time in less than a month the high court has registered a hate crime conviction — a legal rarity in Canada.

Last week, Rehberg's younger brother, Justin, was also convicted of inciting hatred in connection with the same incident in rural Poplar Grove, about 70 kilometres northwest of Halifax.

Supreme Court Justice John Murphy said he accepted the Crown's submission that on Feb. 21, just after midnight, Nathan Rehberg used a lighter to set fire to a 2.5-metre wooden cross doused with some type of accelerant.

Murphy said testimony from Justin Rehberg, 20, confirmed Nathan had built the cross and later dragged it to the nearby home of Shayne Howe,

"There's no reason to have hate against anybody. We are who we are."

SHAYNE HOWE, VICTIM



▶ Nathan Rehberg, right, accompanied by his brother Justin Rehberg, leaves provincial court in Kentville on Monday.

who is black, and Michelle Lyon, who is white.

The judge said he also accepted the testimony of Howe's 18-year-old stepdaughter, Ashley, who told the court she saw the flaming cross and heard someone yelling racist slurs from the darkness.

"The incident engendered fear ... and I'm satisfied that (the fear) was reasonable," Murphy said in his ruling.

THE CANADIAN PRESS

Guilty again

▶ The judge also convicted the 21-year-old Nathan Rehberg of criminal harassment, saying his actions left the teen and her parents "appalled and terrified."

▶ Rehberg will be sentenced on Jan. 10.

'I got to do the time'

Nathan Rehberg talked to reporters about his pending sentencing.

"I'm nervous about what I'm going to get, but whatever it is, I deserve it," he said. "I did the crimes, so I got to do the time. It wasn't a racist act, but there was a lot of evidence to make it look like it was."

THE CANADIAN PRESS

Crime stats released

Police in HRM released third-quarter crime statistics yesterday and they show violent crime is down 4.7 per cent through the first nine months of 2010.

But overall crime compared with this same period last year is up 4.1 per cent, in part because of an 8.3 per cent increase in property crime.

"We are certainly not where we'd like to be, particularly as it relates to property crime," said po-

Closer look at Q3

- ▶ For the third quarter specifically — July through September — property crime is up 3.5 per cent.
- ▶ Violent crime jumped 3.1 per cent.

lice spokeswoman Theresa Rath. "We feel we need the public to assist us, because really property crimes represent crimes of opportunity."

● PHILIP CROUCHER

Would-be arsonists yet to be found

There have been no arrests after police say a device containing an accelerant was used to start a small fire in the 5400 block of Sunrise Walk in Uniacke Square on Monday night.

A fire extinguisher was used to put out the fire,

which was lit around 7 p.m.

Two similar devices were also thrown at the window of the vacant building but they never lit, according to police. Both devices did smash, resulting in broken glass.

● METRO

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Baillie officially sworn in to N.S. legislature

► Dexter, McNeil welcome Baillie to House of Assembly

For the first time since their June 2009 defeat by Darrell Dexter's NDP, the Nova Scotia Progressive Conservatives have an official leader in the House of Assembly.

Jamie Baillie was officially sworn in as the representative for Cumberland South yesterday, flanked by past and present Tory VIPs in the Veterans' Room at Province House.

"The highest honour that any of us could ever, ever have is to be chosen by our peers, by the electors, to represent them here in



► Jamie Baillie

the House of Assembly," he told the crowd.

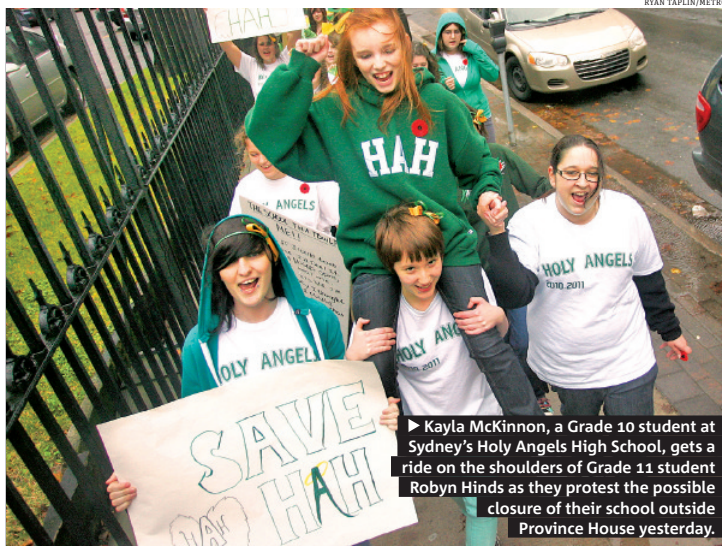
"I pledge to do all I can to be a strong representative

first and foremost for the constituency of Cumberland South, because they deserve no less."

Perhaps indicative of his pledge to heighten the level of debate on the floor, Baillie's first day at the legislature was not exactly flashy. He directed several broad questions, mostly concerning policy decisions that affect his riding, to Dexter.

He also weighed in on the proposed convention centre, accusing Dexter of flip-flopping on the project.

● ALEX BOUTILIER



► Kayla McKinnon, a Grade 10 student at Sydney's Holy Angels High School, gets a ride on the shoulders of Grade 11 student Robyn Hinds as they protest the possible closure of their school outside Province House yesterday.

Future of all-girls school rests with board: Minister

A busload of students journeyed to the Nova Scotia legislature yesterday to press the case for saving their all-girls school, but they returned home with no decision from the province's education minister.

Holy Angels High School, the only all-girls public school in Atlantic Canada, has been in operation in Sydney since 1885, but is in danger of closing because the nuns who own it want to sell the building.

Education Minister Marilyn More told reporters ahead of the meeting any solution for saving the

Meeting

► Marilyn More said she will travel to Sydney on Friday to meet with students, parents and school board members.

school would have to come from the Cape Breton Victoria School Board.

The board, which has been renting the building from the nuns, has said that it can't afford to buy the building — something More said is also out of the reach of the province.

"There's no money in the budget of the Depart-

ment of Education to buy a building," said More.

More said her department remained ready to assist the school board in finding solutions aimed at keeping Holy Angels open, as long as they are fiscally responsible at a time when departmental budgets are tight.

Last week, she said those options could include moving the school to the wing of another school or to a separate location.

Any solution aside from keeping Holy Angels open was deemed unacceptable by opposition critics.

THE CANADIAN PRESS

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News in brief



Legislation aimed at health records

GOVERNMENT. Nova Scotia introduced legislation yesterday that would establish rules on the collection, disclosure and destruction of personal health records.

The province's health minister introduced the Personal Health Information Act, legislation that she says would support better care and ensure the protection of patient privacy. In a statement, Maureen MacDonald, above, said the act would provide consistent rules

for the management of personal health information. Personal health information is governed by a mix of federal and provincial legislation
THE CANADIAN PRESS

Man sentenced to two years

SYDNEY. A 21-year-old North Sydney man who pleaded guilty Monday to possessing child pornography and drug trafficking charges has been sentenced to two years in a federal prison.

Cory Anthony Kendall entered guilty pleas on five counts of trafficking involving Oxycodone, cocaine, marijuana, hydro-morphone; four counts of breaching court orders by failing to abstain from drugs; and single counts of possessing child porn and being an accessory to a crime.

Prosecutor Craig Botterill dealt with the porn charge and told the court Kendall was nabbed as part of a RCMP-Halifax Regional Police investigation into child porn.

CAPE BRETON POST

Red Nose back on the streets for holidays

► Red Nose kicks off 15th year here ► Police laid 645 impaired driving charges in first eight months of 2010



► Rudy, the mascot for Operation Red Nose, delivers high-fives to speakers at yesterday's launch at Province House.

ALEX BOUTILLIER
@METRONEWS.CA

Operation Red Nose is set to kick off another year of driving holiday revellers home safely.

A free drive-home service first established in Quebec in 1984, Operation Red Nose will run from Nov. 26 to Dec. 31 in HRM, Sydney and Truro.

If people in those communities have too much to drink, they can call volunteers to come pick them up and drive their vehicle home.

Police are hoping people will take advantage of

Minister

- Municipal Relations Minister Ramona Jennex will serve as honorary chair of Operation Red Nose.
- At a press conference yesterday, Jennex thanked the program's sponsors, including the Insurance Bureau of Canada, and the volunteers that make it possible
- "Thank you for your commitment and sacrifices to keep our roads safer," she said

the service.

The hope comes with a warning that they'll be cracking down on drunk driving again this December.

"We encourage citizens to take advantage of programs such as Operation Red Nose, and make responsible decisions to help ensure the streets of HRM are safe," said Supt. Don Spicer, adding HRP will be out in "full force this holiday season" to stop those who don't.

Operation Red Nose provided 10,000 drives home across Canada during last year's holiday season.



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Bridge collapse catches officials by surprise

► Heavy rains have closed roads ► State of emergency declared in parts of Barrington, Argyle and Yarmouth

A bridge over one of two main highways in south-western Nova Scotia collapsed late yesterday when powerful floodwaters caused by days of heavy rain broke a support column.

No one was believed to be on the 20-metre bridge over Highway 3 near Yarmouth when it fell into the Tusket River.

"It would appear there was concrete support in the middle of the bridge that might have been displaced by the force of the water," said RCMP Sgt. Michel Lacroix.

"The force of the water would have pushed the bridge off its moorings and

Premier's visit

Premier Darrell Dexter is scheduled to travel to the area today for a first-hand look at the flood damage. He has said it will likely take weeks for infrastructure officials to assess the extent of the damage.

forced it into the water."

The bridge is downstream from a Nova Scotia Power dam that officials have been watching nervously for days for signs of possible breaches.

Lacroix said officials didn't expect the bridge to let go.

"There's another bridge

in front of the dam that's taking a lot of pressure as we speak," he said.

"We're surprised this one went first. We didn't expect that at all."

The collapse followed a four-day deluge of over 200 millimetres of rain that forced about 120 other residents of the area from their homes.

Patty Faith, a spokeswoman for Nova Scotia Power, said workers were monitoring the dam and earth berms around it.

"Our crews will stay on site and continue to monitor that water level through due course until that begins to normalize," Faith said.

THE CANADIAN PRESS



Bridge. Repairs

► Engineers look at the water rushing under a bridge yesterday on Highway 3 outside of Halifax.

RYAN TAPLIN/METRO

It's all water under the bridge now

The bridge at the head of St. Margarets Bay was closed for repairs due to damage to the concrete because of the recent heavy rain. It was scheduled to reopen as of yesterday evening.

Who are they?

Native Council of Nova Scotia represents more than 80 per cent of Mi'kmaq/Aboriginal Peoples who don't live within Nova Scotia First Nations communities.

NSCC reaches deal

The Nova Scotia Community College has signed a Memorandum of Understanding with the Native Council Economic Development Agency. Acting NSCC president

Don Bureaux said yesterday the agreement allows NSCC to explore learning and training opportunities for Aboriginal Peoples across the province.

● METRO

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Quebec poker champ eyeing more 'big scores'

► 23-year-old becomes first Canadian to win no-limit Texas Hold 'em event

Quebec poker professional Jonathan Duhamel might never have to work again.

Duhamel, 23, who won the World Series of Poker title and \$8.94 million on Monday, becoming the first Canadian to take down the no-limit Texas Hold 'em main event in Las Vegas, called the win "surreal."

"I could never dream of that — It's so huge," Duhamel said after the win.

Recounting the game, he said, "I was aggressive on the final table, so I wanted to mix it up a little bit ... I limped a little bit just to try to confuse him and have a good balance in my game."

Now, Duhamel can think about a bigger future in poker. He hopes that mon-

\$8.94 million

► Duhamel, who left university during his second year studying finance, pledged \$100,000 to a foundation for kids in Montreal.

ey and prestige of being a champion will help take his young career even further.

"I'm going to be playing all those big tournaments and try to make other big scores," he said. "I'll be there next year in the World Series and try to do my best again."

He added he'd like to buy Canadiens season tickets — or perhaps drop a ceremonial first puck before a game. **THE ASSOCIATED PRESS**



► Jonathan Duhamel won nearly \$9 million in the World Series of Poker in Las Vegas.

ISAAC BREKKE/THE ASSOCIATED PRESS

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News in brief



Miners accept Israeli invite

CHRISTMAS TRIP. Israel says the 33 Chilean miners who captured the world's attention surviving 69 days in a collapsed mine have accepted an invitation to visit the Holy Land for Christmas.

Foreign Ministry spokesman Yigal Palmor said the Chilean ambassador has confirmed the miners will come.

THE ASSOCIATED PRESS

Nobel winner's lawyer held

AIRPORT STOP. A Chinese

human rights lawyer whose firm is representing imprisoned Nobel Peace Prize winner Liu Xiaobo said he was blocked from leaving yesterday to attend a conference in London.

Mo Shaoping said officers who stopped him at the Beijing airport gave only vague reasons for their actions, although it comes amid repression against activists in the wake of the peace prize.

THE ASSOCIATED PRESS

Bush promotes book on Oprah

AUTHOR GEORGE. George W. Bush recounted the mistakes of his presidency on Oprah Winfrey's talk show as he launched a book tour to promote



his memoir *Decision Points*.

The former president said he feels "sick about" the fact that no weapons of mass destruction were found in Iraq. THE ASSOCIATED PRESS

4,500 stranded as cruise loses power

► Engine room fire stalls ship off coast of Mexico ► Carnival Splendor expected back at port tonight, but massive vessel must be tugged slowly

Navy helicopters shuttled in supplies yesterday to 4,500 passengers and crew members expected to remain stranded on a disabled cruise ship off the coast of Mexico at least until tonight.

Mexican seagoing tugboats were expected to reach the Carnival Splendor yesterday afternoon to begin the slow process of towing it to the Mexican port of Ensenada.

Passengers will be bused back to California from there.

The ship, which left from Long Beach on Sunday, was 320 kilometres south of San Diego when an engine room fire cut its power early Monday, according to a statement from Miami-based Carni-



► The Carnival Splendor cruiseship.

val Cruise Lines. It began drifting off the coast of northern Baja California.

The 3,299 passengers and 1,167 crew members were not hurt but the 290-

metre ship had no air conditioning, hot water or telephone service.

It was also out of mobile phone range, preventing families from communicating with their loved

ones.

Bottled water and cold food were provided, and the ship's auxiliary power allowed for toilets and cold running water.

THE ASSOCIATED PRESS

NOTICE: REMEMBRANCE DAY

Garbage/Organics/Recyclables
Collection & Processing Services

No
Collection
Thursday, November 11th



Collection will occur
the Preceding
Saturday, November 13th

Otter Lake
Facility Closed
Thursday, November 11th



Otter Lake
Facility Open
Saturday, November 13th
7 am to 7 pm

HRM Recycling
Plant Closed
Thursday, November 11th



HRM Recycling
Plant Open
Saturday, November 13th
7:30 am to 6 pm

Collection services can begin as early as 7:00 am. To ensure collection, residents may place materials curbside the evening prior to collection day. For more information on HRM's composting and recycling programs, check your 2010 collection schedule, visit our website at halifax.ca/wrms or call our information line at 490-4000.

The Halifax Regional Municipality's residential Household Hazardous Waste (HHW) Depot will be **CLOSED** Saturday, November 13th, but will be **OPEN** on Saturday, November 20th from 9:00 am to 4:00 pm.

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Movies could soon watch you

► New technology would measure moviegoers' emotions, movements and groupings for market research

A Canadian security surveillance company is part of a project to develop technology to watch moviegoers as they watch a movie.

Using a combination of 2-D and 3-D imaging, the technology would be able to measure emotions, groupings and movement to "revolutionize market research" at movie theatres.

"This tool will feed powerful marketing data (to) film directors, cinema advertisers and cinemas about what audiences enjoy and what adverts capture the most attention," Dr. Abdul Farooq, of the Machine Vision Laboratory at the University of the West of England in Bristol, said in a release from UWE.

"This will do what has been done manually for years in cinemas," Jessica Engler, marketing manager

The idea

The new technology would use 2-D cameras to detect emotion and 3-D cameras to measure movement.

► The three-year project is part of Aralia's strategy to "create new markets in the entertainment and advertising industries," said CEO Glynn Wright.

► Aralia previously focused on intelligence surveillance and video analytics.



of Aralia, told the Star. "It's the technology aspect that scares" people.



The lab has partnered with Aralia Systems of West Sussex, England, to build the new software. Aralia in

turn is in partnership with Pikaia Systems of Ottawa, which holds several pending infrared illumination patents.

TORSTAR NEWS SERVICE

Market moment

DOLLAR	TSX
	
- 0.36¢ (99.27¢ US)	- 135.85 (12,916.63)

Natural gas 1,000 cu ft	Oil
	
\$4.210 (+ 12.2¢) Gold contracts \$1,410.10 (+ \$6.90)	- 34¢ US (\$87.72 US)

Harper. Roundtable meeting



ECONOMIC ACTION PLAN PLAN D'ACTION ÉCONOMIQUE

► Ted Menzies, MP for Macleod, Alta., left, listens as Prime Minister Stephen Harper speaks to a group of business owners at MuddRuckers in Winnipeg, yesterday.

JOHN WOODS/THE CANADIAN PRESS

Harper talks business out west

Prime Minister Stephen Harper made a brief stop in Winnipeg yesterday, where he met with the small business owners. "We want to listen to the wisdom, guidance and common sense of the Canadian people as we move forward," Harper said in a statement. Harper also briefly reiterated some government priorities.



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16⁹⁵ ch.
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Quebecor runs out of phones

► Impacts third-quarter revenues

Quebecor missed out on an opportunity to make a stellar first impression after a shortage of cell-phones limited its ability to sign up more customers.

The Montreal-based multimedia company said yesterday it ran out of three of its four phones within just 10 days of launching its new wireless service on Sept. 9.

"No doubt that our take-up in the third quarter would have been higher without this unfortunate

"This achievement will mark Quebecor's history as it positions us to further benefit from the digital era where consumers have access to entertainment and news wherever and whenever."

PIERRE KARL PELADEAU, CHIEF EXECUTIVE

situation," Robert Depatie, president of Videotron said.

Chief executive Pierre Karl Peladeau said Quebecor posted great results despite the costs incurred to launch the cellphone service, and to expand its Sun media business, amid

aggressive competition.

Maher Yaghi of Desjardins Securities said the pace of new cable customers continue to signify a maturing market despite the seasonal strength of the third quarter.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS



► Pierre Karl Peladeau

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Energy. Projects



► A pickup truck passes a mining shovel filling a haul truck at an oil sands mine near Fort McMurray, Alta.

JEFF MCINTOSH/THE CANADIAN PRESS FILE

U.S. pain, oilpatch's gain

Out-of-control costs and the financial crisis forced many oil sands producers in Alberta to put their plans on ice in late 2008. Most of them have since restarted those projects. With an unemployment rate pushing 10 per cent, the U.S. has workers to spare, many of whom have skills coveted in Canada's energy sector.

Amazon stays silent on colour Kindle

Up until now, people who have bought e-readers have had to make a compromise: Either read in colour on a highly reflective screen, or read in shades of grey on a display that's easy to make out even outdoors.

E Ink Corp., the company that makes the black-and-white display for Amazon.com Inc.'s Kindle, said it will begin selling screens that also show colours.

The new technology, called E Ink Triton, displays 16 shades of grey,

440 The first e-reader with a colour E Ink screen will come from Chinese manufacturer Hanvon. It will have a 9.7 inch display, and Wi-Fi or 3G cellular connection. It is expected to go on sale in China for about \$440.

along with thousands of colours. As with other E Ink displays, people should be able to read it anywhere without having to squint.

Amazon did not immediately respond to inquiries on whether that means a colour Kindle is coming.

Amazon has said that although it hasn't ruled out colour E Ink displays, the technology isn't yet ready for prime time.

THE ASSOCIATED PRESS

A LESSON IN TRANSCENDING THE PAIN

Just sayin'

PAUL SULLIVAN



Let's see. You just spent 69 days buried under a collapsed mine, so, to unwind, what do you do?

Well, if you're Edison Pena, you run the 42-kilometre New York City Marathon. Or in Edison's case, you hobble along on knees swollen with tendinitis, crossing the finish line in five hours 40 minutes, waving the Chilean flag and limping to one of your favourite Elvis tunes, Wonder Of You.

But I guess if you've spent 69 days buried alive, five hours 40 minutes in hell doesn't seem so bad. At least they have snacks along the way.

You would think Edison

would have had enough of running — during the Chilean mining ordeal, he ran approximately 10 kilometres per day, dragging a wooden sled behind him.

But no. Edison was invited to join the VIPs for Sunday's race, the biggest in the U.S., and like any runner, he couldn't resist the urge to go the distance.

But why, Edison, why? Why not just drink in the cheers from the 40,000 plus at the start line, watch the race, then retire to your VIP suite with a brew?

"I wanted to motivate other people to transcend their own pain," he said after the race.

There you go. Whenever you feel al-Qaida has just shot off

your kneecaps and left you to wander in the desert, what do you do? You transcend the pain, sport. Doesn't everyone?

In fact, this manic endurance, this indomitable will, could be what separates us from the other animals in the zoo. We think it's our brain or our capacity for language, yet dolphins, chimpanzees and pigs all seem to share our most hu-

man traits.

Except I can't think of a chimpanzee who would run 42 kilometres because he feels like it. Or even if he doesn't, because he wants to "transcend his own pain." Screw the pain, says Bonzo, and pass me a banana.

Fresh out of bananas, Edison Pena refuses to give in. As he wobbles across the finish line, we can't help it: We're inspired to overcome our own pain wherever it resides — in our knees or in our hearts — and live another day.

This makes us better than human. It gives us the strength to be good people: To understand, to forgive, to care about others. It's worth a couple of sore knees.

As for Edison, he's not satisfied running 42 kilometres on swollen knees. Next up, Graceland, and then Viva Elvis, the Cirque du soleil show in Vegas.

Talk about pain.



Read more of Paul Sullivan's columns at metronews.ca/justsayin

"We're inspired to overcome our own pain wherever it resides ... and live another day."

Cartoon

MICHAEL DE ADDER



Murky problem: Report

Worth mentioning

Canada's lakes and rivers are awash in harmful contaminants, but new documents warn the federal government's murky understanding of the problem is putting the country at risk.

Senior bureaucrats reached that conclusion in a pair of internal reports on contaminants and excess nutrients in freshwater. The officials warned Ottawa needs to know much more about the contaminants before it can tell how dangerous they are, what happens when they mix together, or where to focus cleanup efforts.

"There are significant

Water woes



gaps in the understanding of contaminants in groundwater in several areas, which hinder the advancement of effective risk assessment and management activities," says one of the reports.

One report looked at contaminants in freshwater. The other was on excess nutrients, such as phosphorus and nitrogen,

that cause toxic algae blooms. Giant floating fields of algae have taken over swaths of the Great Lakes, Lake Winnipeg and many other lakes across the country in recent years. The algae sucks oxygen from the water and produces toxins that are harmful to fish, humans and other living things.

THE CANADIAN PRESS

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Metro Minute with Remembrance Day

Residents of HRM will have plenty of choices to honour and remember those who served in the defence of freedom during war and peace.

There are 20 Remembrance Day ceremonies scheduled for across HRM beginning tomorrow at 11 a.m. The largest is at the Grand Parade cenotaph on Barrington Street. Lt.-Gov. Mayann Francis will be in

attendance, along with representatives of the three levels of government. The Standacona Band of Maritimes Forces Atlantic will provide the ceremonial music.

Other ceremony locations include Sailors Memorial at Point Pleasant Park, and at cenotaphs in Dartmouth, Bedford, Lower Sackville and Cole Harbour. ● METRO

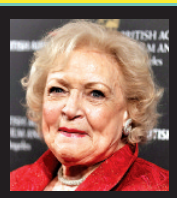


► There are 20 Remembrance Day ceremonies scheduled across HRM tomorrow, beginning at 11 a.m.

2

scene

Scene in brief



Betty White can add forest ranger to her list of honours.

The actress known for her roles on *The Golden Girls* and *The Mary Tyler Moore Show* was made an honorary forest ranger yesterday by the U.S. Forest Service.

The 88-year-old White has said that as a young girl she wanted to be a forest ranger, but women weren't allowed to have the job.

THE ASSOCIATED PRESS



Star of Canadian public TV draws plenty of Alaska fans carrying duct tape.



► *Apocalypse Now*, made in 1979, is an example of the images we associate with the word 'war'.

Hollywood's role in the war machine

► Expert says images we have of combat and camaraderie come from movies ► History shows alliance between film industry and government



STEVE GOW
SCENE@METRONEWS.CA

When honouring the fallen this Remembrance Day, don't be shocked if gung-ho images of a Hollywood war movie spring to mind.

"A lot of the images that we have of effective combat or camaraderie established during the war ... come from the cinema," said University of Toronto cinema studies director Charlie Keil.

"There was a direct alliance between the film industry and the

government."

When the Office of War Information formed in 1942, Hollywood coordinated closely with the government department in order to keep a struggling film industry afloat by recording and propagating the Second World War.

As such, rallying movies such as *Bataan* (1943) or the Howard Hawks-directed hit *Air Force* (1943) popularized images of heroic GIs fighting the good fight.

"The war wasn't fought on American soil," explained Keil.

"So it was necessary to

really show the Americans what they were fighting for."

Hollywood's role doesn't end there. History is full of anti-war films like *All Quiet on the Western Front* and *Apocalypse Now*.

But interestingly, these "message" movies were produced during peacetime.

"When it's clear that it's necessary to support the war, there are supporting-the-forces films," said Keil.

"When there's some distance from the war, there tend to be pacifist films."

Which cinematic example best tributes the brave soldier is debatable, but Keil suggests that Jean Renoir's *The Grand Illusion* (1937) perhaps fittingly captures the complexity of memorializing war.

"It doesn't engage in easy 'us-versus-them' dichotomies," said Keil of Renoir's drama about the commonality between prisoners of war and their captors.

"It's more about (our) frailties and, in a way, we decide from our perspective who the enemy is and who the heroes are."



► *Paths of Glory* (1975)

Top war flicks

Imdb.com has compiled a list of the top war-related movies.

- *Schindler's List* (1993)
- *Casablanca* (1942)
- *Apocalypse Now* (1979)
- *Paths of Glory* (1975)
- *Lawrence of Arabia* (1962)

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Conan's debut strikes a chord

- Exiled Tonight Show host mines his former employers NBC for plenty of laughs in his debut on TBS
- Sidekick Richter is back, along with house band

Conan O'Brien relaunched his TV career on Monday night with a stylishly back-to-basics hour that radiated hard-won lessons from his brief stay hosting The Tonight Show.

With his new TBS show titled simply Conan, O'Brien seemed appealingly stoked yet comfortable in his new home at 11 p.m. ET and on basic cable, originating from a sleek, cozy set with a full moon poised on a seaside backdrop.

If there were very few surprises on the premiere, well, how could there have been after the incessant online hype and all the press attention showered on his much-anticipated return? Besides, O'Brien was back with his longtime sidekick Andy Richter and most of his trusty house band members, now led by Jimmy Vivino (and re-named The Basic Cable Band).

Even O'Brien's post-Tonight Show beard seems familiar by now.

But what's important is, the show lived up to its promises. As promised, it was looser, quirkier, more like Late Night, where O'Brien thrived for nearly 16 years, than the main-



► Conan O'Brien's new talk show debuted last night.

stream Tonight Show, where he didn't.

Conan opened with a funny look back at O'Brien's tumultuous year after he refused NBC's bid to move Tonight to 12:05 a.m.

He was mowed down by machine-gun-toting NBC hit men at a security booth, a la Sonny Corleone in The Godfather. He applied for a job in advertising and was turned down by Don Draper (Mad Men star Jon Hamm), who brusquely reminded him, "It's 1965 — and you're two years old." From behind the counter at a Burger King, he reminisced to

an impatient customer about his talk-show past.

Likewise, his monologue mined laughs from recent history, which found him leaving Tonight in January after just eight months, with Jay Leno reclaiming the host chair.

O'Brien welcomed viewers to his "second annual first show" and explained why he named the new show Conan: "So I'd be harder to replace."

He acknowledged that "it's not easy doing a late-night show on a channel without a lot of money and that viewers have trouble finding. So that's why I left NBC." **THE ASSOCIATED PRESS**

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Rachel McAdams Harrison Ford Diane Keaton Morning Glory

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| Worth watching 🌐🌐🌐 | Yawn 🌐 | Don't bother 🌐



McAdams stands out in bland comedy

Morning Glory

Genre: Comedy

Director: Roger Michell

Stars: Rachel McAdams, Harrison Ford, Patrick Wilson, Diane Keaton, Jeff Goldblum

🌐🌐½

Don't check out Morning Glory if you're looking for an authentic take on broadcast television. In fact, watching Harrison Ford mumble away as a

legendary newsman-turned-talk-show-host is as convincing as it is funny — not very.

Lucky for him, Rachel McAdams as the ambitious producer that tries to make a champion morning show out of a chump gives this monotone comedy some sincerity and a charming performance. While Roger Michell has proven skill as a comedic director (Venus, Notting Hill), here he plays it pretty broad. Regardless, by the time the show (fig-

screen times

Wednesday screen times for Morning Glory.

► Bayers Lake: 1:30, 4:25, 7:15, 9:55
Park Lane: 3:50, 7, 9:30
Lower Sackville: 6:40, 9:05
Dartmouth Crossing: 12:30, 3:25, 6:45, 9:30
Truro: 6:50, 9:20

uratively and literally) gets to the laughs, we've mostly tuned out anyhow.

● STEVE GOW

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Can the unseen injuries of soldiers be cured?

► New doc explores how post-traumatic stress disorder affects war vets

"I am not so well. I am clear off the hooks," wrote a soldier who, discharged from the army as unfit to serve, would soon turn violent and kill himself. The year was 1864 for this Civil War veteran.

It would take more than a century for post-traumatic stress disorder (PTSD) to be recognized as a medical condition and to be acknowledged by the U.S. military as a fact of life.

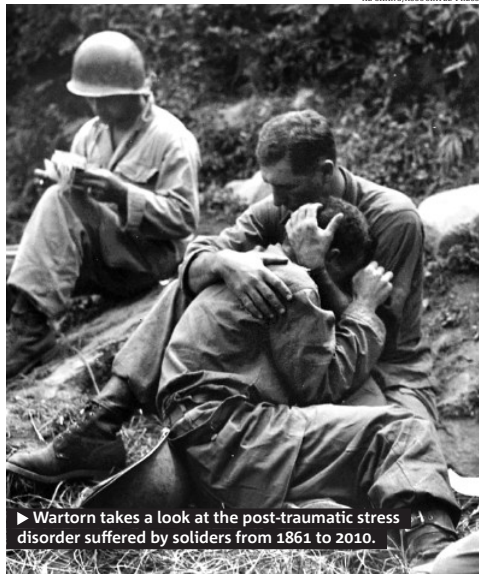
A new HBO documentary, *Wartorn: 1861-2010*, charts this heartbreaking story, from the U.S. invasion of Iraq all the way back to the Civil War, whose veterans, according to the film, accounted for more than half the patients in mental institutions of that era.

James Gandolfini is an executive producer of *Wartorn*, which premieres tomorrow night. "We should be aware of what's happening," said Gandolfini.

"Unless people start thinking about it ... it's not going to stop."

Explaining his role in the film, he took pains to describe himself as "certainly no expert in any of this. I just want to ask questions and see what they say."

Among numerous military personnel with



► Wartorn takes a look at the post-traumatic stress disorder suffered by soldiers from 1861 to 2010.

whom he met, he is seen in Baghdad talking to Sgt. John Wesley Mathews, who tells him, "Days up on days of living at such a high alert level physically will burn your candle out."

At Walter Reed Army Medical Center in Washington, Gandolfini inquires how many soldiers who served in intense combat situations return home "completely fine." "Those folks are pretty rare," says Col. Charles C.

Engel of the Center for the Study of Traumatic Stress.

"Nobody is really unscathed," says Col. John Bradley, Walter Reed's chief of psychiatry.

Far from unscathed was Noah Pierce of Gilbert, Minn. His mother tells of his torment after serving two tours in Iraq. He finally sought relief by pressing his dog tag against his temple and firing a bullet from his handgun through it into

his skull.

"The United States Army turned my son into a killer," says his mother, Cheryl. "They trained him to kill to protect others. They forgot to untrain him."

Symptoms of PTSD are vividly displayed by William R. Fraas Jr., who, back home with his family in El Paso, Texas, speaks of his anger, agitation and guilt after three tours in Iraq.

Even a trip with his wife and kids to Wal-Mart is more than he can handle.

"It's getting close," he says, expressing his need to flee this big, seemingly threatening store. "We got people staring at us."

Gen. Peter Chiarelli, vice chief of staff of the U.S. Army, is working to change attitudes toward PTSD. But he concedes that resistance continues from within the military.

"You're fighting a culture ... that doesn't believe that injuries you can't see can be as serious as those injuries you can see," he tells Gandolfini.

Gandolfini says Wartorn won't change the world, but it will have an impact. "There will be individuals who will learn things from it, so that's enough."

THE ASSOCIATED PRESS

Billy Bishop on the small screen

More than 30 years after first mounting their celebrated stage production of *Billy Bishop Goes to War*, Eric Peterson says he and musical accompanist John Gray have lost none of their ardour for the war hero's tale as they bring it to the small screen for a special Remembrance Day broadcast.

If anything, Peterson says the aging artists have more enthusiasm for the play than ever, noting they relished the packed production schedule they took on during recent stage per-

formances.

"John and I do eight performances a week when we're on stage and when we were younger we said, 'No, no, no, it's too much! I can only do six. I can't do two shows in a day!'" says the 64-year-old Peterson.

On Wednesday, Peterson and Gray star in an hour-long televised version of their award-winning production, shot over two weeks in a CBC studio stocked with props from their numerous live performances.

THE CANADIAN PRESS

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Building a brighter future for Nova Scotia

After 50 years of serving the people of our province, the Heart and Stroke Foundation of Nova Scotia has launched its very first major campaign with a goal to raise \$1.8 million. Heart&Stroke *BrightRed* will help achieve two goals:

- ✱ Establish a new *Graduate Research Awards Program* to support graduate researchers studying at universities in Nova Scotia (at the Masters, Doctoral and Post-doctoral levels).
- ✱ Create safer communities through our *Restart a Heart, Restart a Life* program by funding the placement of automated external defibrillators (AEDs) and associated CPR/AED training for approximately 100 communities in Nova Scotia.

Our appreciation goes to the Heart&Stroke *BrightRed* Leadership Council; a 25-person volunteer team made up of community leaders who will provide guidance and support to ensure the success of this campaign.

Due to the early support of so many donors, we presented the inaugural *Graduate Research Awards* to six Dalhousie University students.

2010 Graduate Research Award Program recipients:

Anne Sophie Champod
Postdoctoral research fellow,
Faculty of Medicine (Psychiatry)

Vanessa DeClercq
Postdoctoral research fellow,
Faculty of Medicine (Biochemistry)

Yoko Ishigami
PhD student, Faculty
of Science (Psychology)

Carolyn Jo-Anne MacMillan
PhD student, Faculty of
Medicine (Pathology)

Randi Parks
Masters student, Faculty
of Medicine (Pharmacology)

K. Ryan Wilson
PhD student, Faculty of Medicine
(Psychiatry & Psychology)

Several organizations pledged their early support to Heart&Stroke *BrightRed* for the *Restart a Heart, Restart a Life* program. As a result, the first ten communities that will be made safer through this Program include: Yarmouth, Bridgewater, New Minas, Truro, Amherst, New Glasgow, Port Hawkesbury, Sydney, Halifax, and Dartmouth.

Together we can create a brighter future. Pledge your support today by calling us at 1-800-423-4432 or visit www.heartandstroke.ns.ca/brightred to make an online donation.



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Disney store

Cox dealing with separation

► Friends star says break up with David Arquette just starting to sink in ► Work has been keeping her busy

While estranged husband David Arquette has been speaking freely about their split, Courteney Cox has kept mum — until now.

"I've been lying really low since David and I got separated. To tell you the truth, it's only just starting to sink in," she tells Hello! magazine. "I've been working so hard that I feel like I've been in a whirlwind."

Instead of talking about reconciliation, Cox is looking forward, adding, "I did wake up the other day when I had a quiet morning and think, 'Wow, this is ... interesting. I'm separated — now what do I do?'"

● METRO



► Courteney Cox

GETTY IMAGES



► Lindsay Lohan

Lohan to move out of Betty Ford

Despite a judge's ruling that she remain in rehab until January, Lindsay Lohan has reportedly been making so much progress at the Betty Ford Center that she's been allowed to move out, according to X17.

The troubled actress

has moved into a nearby sober house where she receives "residential day treatments," but is free to leave to "run errands around town, go grocery shopping and enjoy local activities under supervision," according to sources. ● METRO

GETTY IMAGES

Celebrity tweets



Russell Brand
[@rustyrockets] At Pride Of Britain. Prince

Charles is coming. Would like a knighthood but will settle for one of his organic biscuits.



Russell Crowe
[@russellcrowe] 500 new followers since I left this

morning. Hello newbees, welcome to the village



Kirstie Alley
[@kirstiealley] Don't worry about Dave

Letterman making snide remarks about me, my sweet fans...He's just grumpy since he had to quit banging his interns



Jessica Alba
[@jessicaalba] Red Velvet Pancake -falling

off the gluten free wagon today ● METRO



▶ Joel Madden and Nicole Richie

Madden, Richie set to wed: Source

There's talk once again that proud parents Nicole Richie and Joel Madden are finally ready to walk down the aisle — and maybe as early as next month, ac-

cording to X17. While hanging out recently with pal Christina Aguilera, Richie was gushing about getting hitched, according to a source.

"I heard Nicole Richie talking excitedly to Christina Aguilera about her upcoming wedding," the source says.

● METRO

Talking points

Aronofsky, Weisz split up

COUPLE. Actress Rachel Weisz and her partner of nine years, director Darren Aronofsky, have called it quits, according to TMZ.

"Rachel Weisz and Darren Aronofsky have been separated for some months. They remain close friends and are committed to raising their son together in New York City," a spokesperson tells the website.

● METRO

Wild night no biggie: Sheen

PANIC. Charlie Sheen doesn't understand what the big deal is about this recent wild night in New York, when he reportedly trashed a hotel room while an adult film actress locked herself in the bathroom.

"If a guy has one bad night, everybody goes insane and panics," Sheen tells Extra. "I'm not panicking." His cavalier atti-



▶ Darren Aronofsky and Rachel Weisz

tude even extends to the \$150,000 watch he reportedly lost during the incident.

● METRO

Victoria as a 'role model'?

CELEBRITY Victoria Beckham is glad she's stayed busy with her fashion

work while having children, and sees herself as a role model to her three sons.

"I think it's a very important message to give to children, that both myself and (husband) David (Beckham) work," she says, according to Hollyscoop. "My middle one, Romeo, he absolutely loves fashion." ● METRO

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3 life

Award winner



The Gasoline Alley museum at Calgary's Heritage Park Historical Village and the Au Diable Vert outdoor centre near Sutton, Que., are among winners of the 2010 National Awards for Tourism Excellence.

The museum — showcasing a rare collection of antique vehicles, air and gasoline pumps — was named new business of the year. It opened in April 2009 as part of a major expansion of the historical village.

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- Millions of years ago, dinosaurs roamed what are now the badlands of Alberta
- They left behind their bones, and the result is a booming tourism industry



► Spectacular Horseshoe Canyon in Alberta's badlands. Some 25 species of dinosaurs have been discovered in the area since 1884.

THE CANADIAN PRESS/BILL GRAVELAND

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Exploring the Dinosaurs of Drumheller



► This specimen in Drumheller bills itself as "the world's largest dinosaur."

They may have been extinct for millions of years but in Drumheller dinosaurs still rule the Earth.

Located about 130 kilo-

If you go

Where to stay: The Jurassic Inn is located at 1103 Highway 9 South but there is also a Super8, Travelodge and Ramada, among others. Check out the Royal Tyrrell Museum at tyrrellmuseum.com.

metres northeast of Calgary, Drumheller has gone from booming coal town in the 1920s to a tourist draw that lures about 400,000 visitors a year to see dinosaur bones and hoodoos (the rock chimneys left by erosion in the badlands).

Whether it's the Royal Tyrrell Museum of Palaeontology, stunning Horseshoe Canyon just a few kilometres from Drumheller, a town of about 6,500, or Fred and Barney's Family Restaurant, you are hard pressed

in Drumheller to avoid anything dinosaur.

Murals of long dead dinosaurs adorn the sides of many town businesses, and there are dozens of dinosaur statues, both large and small.

The nearby badlands are one of the few areas in the world where sedimentary layers from earlier geological periods have been scraped off by natural processes, exposing a rich deposit of animal and plant fossils and even complete dinosaur skeletons.

Some 25 species of dinosaurs have been discovered since 1884 when Joseph Burr Tyrrell, the Museum's namesake, discovered the first Albertosaurus skull.

The Royal Tyrrell, which opened in 1985, is arguably the tourism centerpiece in the region, and is celebrating its 25th anniversary this year.

It features 10 signature galleries devoted to paleontology, with 40 dinosaur skeletons and more than 130,000 fossil

specimens and takes up 11,000 square metres.

The museum opened September 25, 1985 and was given "Royal" status by the Queen in 1990.

"People call us the hub of tourism in the area," said Leanna Mohan, marketing director for the Royal Tyrrell. "I would think that there are very few places in the world where we haven't had visitors from," she said.

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► Puck fans can get hotels near NHL games in any city



VANCOUVER

The Pan Pacific Vancouver Hotel hopes to lure hockey fans with rates starting at \$149 a night when the Vancouver Canucks play home games.

The hotel — located above the Waterfront Skytrain station, minutes from Rogers Arena — says the special offer is for holders of Canucks tickets.

Hotels rooms are going from \$149 a night.

The struggling Flames were once a hot ticket in town during their playoff runs but fans looking to find a seat this year won't have a problem.



EDMONTON

The Sutton Place Hotel, located next to the Edmonton City Centre mall near Rexall Place.

Hotel rooms are available from \$91 a night.

The Oilers have been struggling as well but it's well worth the trip out to visit them when their provincial rivals are in town.



CALGARY

The Fairmont Palliser, a few minutes from the Scotiabank Saddledome.



TORONTO

The Westin Harbour Castle, a few blocks from the Air Canada Centre and the Hockey Hall of Fame.

Hotel rooms are available from \$159 a night.

The Leafs are nothing special to watch so be sure to check out the Real Sports bar — owned by the Leafs and winner of North America's best sports bar competition.



OTTAWA

The Holiday Inn Hotel and Suites, steps from Scotiabank Place.

Hotel rooms are available from \$154 a night.

After a Senators game, fans can visit the Ottawa Sports Hall of Fame at the arena.



MONTREAL

Le Centre Sheraton Montreal, a few minutes from the Centre Bell.

Hotel rooms are available from \$178 a night.

While in Montreal, fans can visit the legendary Montreal Forum, former home of the Canadiens.

And be sure to try the sandwich that made Montreal famous — the smoked meat sandwich.

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Tenderloin warms up winter

Ingredients :

- 1.5 kg (3 lb) beef tenderloin, trimmed and tied at regular intervals
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) each coarse salt and fresh cracked pepper
- 15 ml (1 tbsp) butter

- 125 ml minced shallots
- 15 ml grainy mustard
- 15 ml (1 tbsp) prepared hot horseradish
- 1 ml (1/4 tsp) each salt and fresh cracked pepper
- 125 ml beef broth
- 250 ml heavy cream
- 15 ml chopped fresh chives

► Sunday dinner is sinfully delicious with beef tenderloin dish

Preparation:

- 1 Let beef sit at room temperature for 1 hour prior to cooking.
- 2 Rub roast with oil, salt and pepper. Heat a large heavy pan over high heat. Sear tenderloin on all sides just to brown, about 1 minute per side.
- 3 Arrange on a rack over a rimmed baking sheet or roasting pan. Transfer to a 160 C (325 F) oven and roast until meat thermometer registers 63 C (145 F) for medium-rare, 30 to 40 minutes. Transfer to a cutting board to rest for 15 minutes while making the sauce. The internal temperature will go up 3 C (5 F) in this time.
- 4 In a skillet, melt butter over medium-high heat. Cook shallots until tender and golden, about 8



► Roast Beef Tenderloin with Creamy Horseradish Sauce.

minutes. Stir in mustard and horseradish, salt and pepper.

- 5 Whisk in beef broth and any juices from roast

and cook until reduced by half, about 3 minutes. Stir in cream and bring to a boil; cook until it starts to thicken, about 5 minutes. Whisk

in chives and serve immediately with sliced beef and preferred sides.

8 portions
Prep time:
15 min.
Cooking:
60 min.

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Stretching the truth

► One-third of people know someone who lied on a resumé: Poll ► Fibbing could jeopardize future opportunities



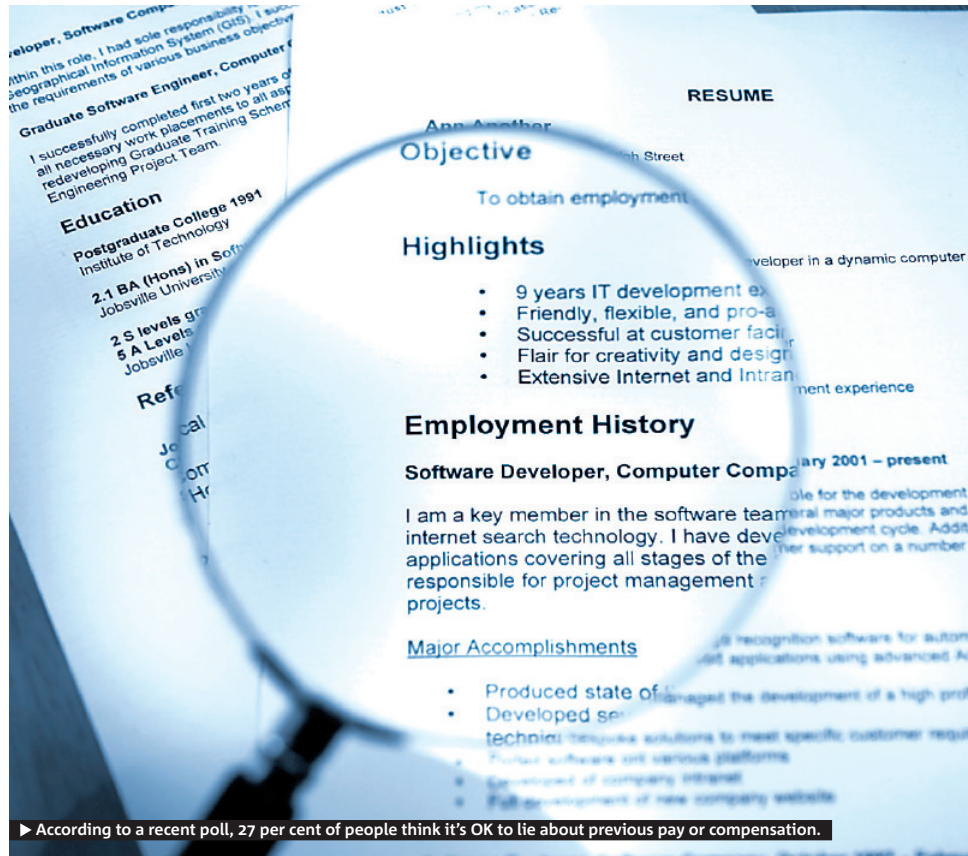
Little white lies have no place on your resumé, although a new poll shows some people are no strangers to stretching the truth.

A recent ADP BackCheck poll has found that one-in-three people report knowing someone who has lied on their resumé, and three-out-of-five people polled have gotten a job without having their references checked.

The poll results suggest resumé fibbing is certainly not as rare an occurrence as employers might hope. It also shows that more employers need to be vigilant about confirming details of a potential hire's background or else suffer possible consequences.

"Employers think pre-employment screening takes a lot of time but it doesn't have to. The cost of a bad hire in Canada is generally one-to-three times their annual salary, so it can be really costly to an employer," said Mark Kohler, a director at ADP Canada.

Lying about previous pay or compensation led the way of lies, with 27 per cent of people saying they thought it was OK to do on a resumé. Nineteen per cent of people said they felt it was OK to lie about previous responsibilities at former jobs while 17 per cent of respondents felt it was acceptable to lie about specific skills they may not actually have. Twelve per cent of people polled even



suggested lying about education or credentials was fine as well.

"People want to put themselves in a better light and many believe that stretching the truth won't do any harm — but it often will," Kohler said.

Besides getting fired or demoted once you're discovered, your fibbing

"Be truthful about what you've done and emphasize your skills to highlight what you can do for an organization. You want to put your best foot forward."

MARK KOHLER

could make it harder to get a job in the same industry if your previous employer spreads the word about you to other employers.

of the skills you do have and why they make you a great hire. Doing so will not only prevent awkward workplace situations but also lead to a far more positive attitude and sense of confidence in yourself.

"My advice would be to take an inventory of your skills and accomplishments," Kohler said.

RESUME QUICK TIPS

What not to do

Things to avoid when crafting your resumé:

1) Don't exaggerate your abilities in a language. If you can't write a page-long document in Spanish, you are not "fluent" in Spanish. On the other hand if you can generally hold an effective conversation with a Spanish-speaker you likely have "conversational" abilities in Spanish. Make sure you state your appropriate level of ability.

2) Don't stretch dates for jobs you had or lie about what positions you held. A simple call to a previous employer will expose you instantly and no matter how inconsequential the details, you'll look untrustworthy.

3) Don't lie about skills and credentials. You will eventually get caught, and in some jobs not having a vital skill can even be dangerous.

4) Fight the urge to over-state your previous salary. Serious employers could ask you to back up your claims with pay stubs or tax returns and you'll look foolish when the numbers don't match.

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Université de Montréal

LOOSE LIPS CAN SINK AN EMPLOYER'S CASE

As a recent case illustrates, advice often given in the schoolyard also applies in the workplace.

In 1988, Jackie Dawydiuk commenced employment as a clerk with the Insurance Corporation of British Columbia. She was a model employee. With her strong work ethic, she worked her way up the corporate ladder.

In 2003, Dawydiuk left work weeks before she was scheduled to start a

new senior management position. During her absence, her supervisor of only one month, Richard Rees, advised her that her new position had been eliminated and that, instead, ICBC was offering her a position as regional manager. Dawydiuk did not respond to Rees' offer in a timely manner and was fired. She later sued ICBC for wrongful dismissal.

During the course of the lawsuit, a human resources report prepared by Rees describing the circumstances of Dawydiuk's termination surfaced.

The report, which was circulated to members of ICBC's HR team, Dawydiuk's superiors and another ICBC employee, indicated that her performance was inadequate, that she was not re-hireable, and that her rating was unsatisfactory. The report quickly became the focus of Dawydiuk's lawsuit.

At trial, the court found Rees' report "misleading" and stated that it reflected "a lack of decency and fairness on ICBC's part towards its former employee." ICBC argued that even if Rees

was careless in forming his belief about Dawydiuk, it reflected his honest belief and he had duty to communicate it to the recipients. The court agreed with ICBC. However, it found that Rees was offside for having circulated the report to the other ICBC employee. Consequently, ICBC was held responsible for the damage to Dawydiuk's reputation.

Courts are becoming increasingly sensitive to claims for defamation based on statements that lead to a loss of reputation at work.

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Since both employees and employers can be held responsible for their loose lips, they should carefully consider making statements, written or oral, that can be

viewed as untrue or misleading. Without a legal, social or moral requirement to make or publish personal comments, sometimes it's just safest to refrain.

Student's lost years chronicled in memoir

Richard Rushfield, former entertainment editor of LA-Times.com and Gawker, has authored a tell-all memoir of his education at Hampshire College, *Don't Follow Me, I'm Lost*. Founded in 1970 as an alternative

university, Hampshire had — according to Rushfield — fallen off the deep end by the time he arrived.

How have you dealt with the backlash?

It wasn't unexpected. This book is a portrayal of a specific time that wasn't their finest hour. Certainly, the spectre of students not going to class for an entire year isn't something they would put on their promotional literature.

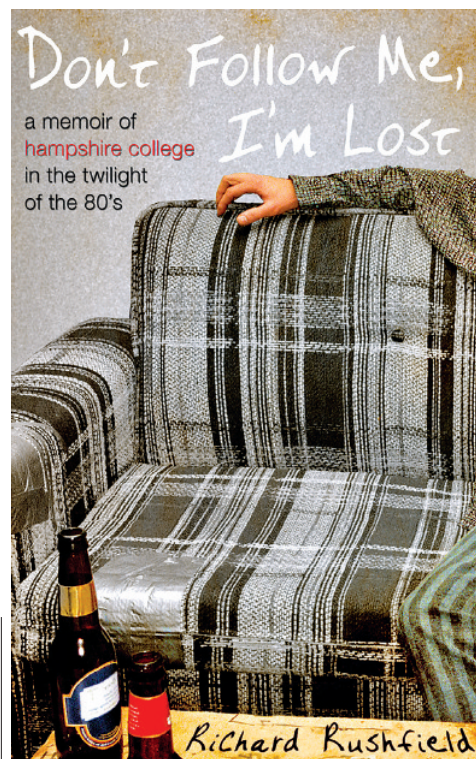
Why were the standards so different in the '80s?

It was an affluent era in America. I don't think to

day's students could go through four years of any college without having any sense of what they're going to do when they graduate.

But you're an ambitious writer now. Did this experience help you find that?

I spent most of (my 20s) drifting around in jobs with no real plan. I bottomed out on that, and somehow writing present itself. Now I've thrown myself into that with the energy I once threw into sitting on the couch for a week straight. ● METRO



News in brief

Université de Montréal to open Laval campus

PROGRAMS. Next September, the Université de Montréal will open a campus in Laval, offering programs in health and education. In three years, some 2,500 full-time equivalent students will be taking courses at the campus, which will feature 23 multimedia classrooms, four lecture halls, 22 classrooms for small group work, a library, a cafeteria, computer labs, teaching labs for science education, and simulation labs for science students.

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'Breakdowns' costly for Herd, says Smith

- Owner/head coach has 'lots of confidence' in starting goalie Corbeil
- Consistency key going forward



MATTHEW WUEST
@METRONWS.CA

The Halifax Mooseheads' problems this past Saturday go a lot deeper than goaltender Mathieu Corbeil, according to head coach Bobby Smith.

The 19-year-old has taken plenty of heat for allowing three goals in less than 10 minutes as the Mooseheads — on the verge of a rare three-game winning streak — blew a 4-2 third-period lead and lost 5-4 to the Shawinigan Cataractes in a game they controlled for 45 minutes.

Corbeil himself admitted he would have liked to have two of those goals back, but Smith said "there were breakdowns all over the ice."

"We stopped playing," Smith said. "That's the sign of a team that's lacking confidence and not fully sure they can win the game and hoping the

clock ran out while we had the lead, opposed to being the best team for 60 minutes.

"That's something we have to improve on."

Corbeil, a Columbus Blue Jackets draft choice who is sixth in franchise history with 89 career appearances, has been inconsistent this season with a 6-7-1 record, a 3.79 goals-against average and a .863 save percentage.

"He just has to put together a string of games and get to the point where he's going to give us a good game every time he goes into the net," Smith said.

"He's capable of that." Smith said goaltending consultant Eric Raymond has been working with the six-foot-six Corbeil this week in practice.

"I still have lots of confidence in Mathieu's ability to be a No. 1 goalie for us and to be very good," Smith said.



RYAN TAPLIN/METRO

► Mathieu Corbeil has a 3.79 goals-against average and a .863 save percentage this season.

On the move?



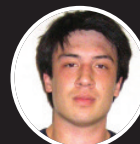
► A deal that will send Garrett Clarke to the Shawinigan Cataractes appears to be all but done.

- Sources say the Cataractes are poised to send a top-five-round draft choice to the Halifax Mooseheads to acquire the 18-year-old Clarke.
- The deal would be made official when the QMJHL trade period opens on Dec. 19.
- Cataractes GM Martin Mondou confirmed the Mooseheads have given him permission to assign Clarke to the junior A La Tuque (Que.) Wolves.

4

sports

Basketball



Simon Farine, pictured, had 12 points and five assists as the Dalhousie Tigers defeated the Acadia Axemen 74-63 in Atlantic University Sport men's basketball action last night at Dalplex. Juleous Grant helped out with 16 and Alexander Arthur added 14. In women's play, Dalhousie fell 72-59 to Acadia despite a 15-point, nine-rebound effort from Tia Gerwatoski. It was the AUS season-opener for both Dal squads.



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Eastern promise

► After slow start to season, Canucks finally heating up as they embark on trip through Quebec and Ontario

It took only two weeks for the Vancouver Canucks to find their groove and now they hope to show it off in Eastern Canada.

After a 2-3-2 start to the season, the Canucks were on a six-game winning streak when they launched a five-stop road trip yesterday with a 2-0 loss in Montreal. They're in Ottawa tomorrow, Toronto on Saturday and Buffalo on Monday, followed two days later by a visit to Sidney Crosby and the Pittsburgh Penguins.

"It's nice to come on this Eastern Canada trip early (in the season), where maybe we can create a bigger bond than we already have," goaltender Roberto Luongo said hours before suiting up to play the Canadiens in his hometown. "It's always exciting to play in these buildings where there's a lot of history."

The Canucks went 13-5 against NHL Eastern Con-

2.36

The Canucks' goals against average, sixth best in the NHL entering last night. They've achieved it despite a rash of injuries on defence.

ference clubs in 2009-10 and won their first three meetings with the East this season.

Of late, clubs in both conferences have had headaches trying to stop Vancouver's balanced attack, which is led by a league-best power play that has scored on 29.4 per cent of its chances.

Forward Ryan Kesler said a key to their power play success was the addition of assistant coach Newell Brown, whose speciality is play with the man advantage.

"We're taking a lot of pride in it," said Kesler.

"We're going into the dirty areas to score, we're getting those second and third opportunities."

"I think the unit with me, Hank and Danny (Sedin) is starting to jell and find a groove where we're having success. And it definitely helps when you have the Art Ross and Hart Trophy winner on your team."

That would be Henrik Sedin, who along with twin brother Daniel leads the team in scoring. Henrik returned the compliment to Kesler, who plants himself in front of the opposition net.

"We're reading off each other better now than earlier on," said Sedin. "It's good having him there."

"He's a guy who wants the puck and me and Danny want to puck as well. He does a great job in front. He screens the goalie really well and he opens up and gets his shots when he needs to, so it's getting a lot better." **THE CANADIAN PRESS**

Habs. Victory



► Alexandre Burrows of the Canucks is shoved onto Montreal goalie Carey Price by Canadiens defenceman Roman Hamrlík.

PAUL CHIASSON/THE CANADIAN PRESS

Price gets payback on Canucks

British Columbia native Carey Price wanted nothing more than to exact revenge on the Vancouver Canucks. The 23-year-old did just that, making 35 saves, including 20 in the third period, to lead the Montreal Canadiens to a 2-0 victory last night that ended the Canucks' six-game winning streak. Early last season Price went into Vancouver and was swamped 7-1. When the Canucks returned the visit later in the season, Montreal won 3-2 but with the since-departed Jaroslav Halak in goal. "It was a lot better this year," the Vancouver native said. "It's a different year. I really wanted to win this one and the guys knew it." **THE CANADIAN PRESS**

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► Is it an Acura? A new-style Buick? The new Kia Optima joins the ranks of some of the most stylish vehicles on the road — and makes a strong technical showing



► The 2.0T is the sporty one of the bunch with 274 horsepower.

Dare to be different

MALCOLM GUNN
DRIVE@METRONWS.CA
WHEELBASE MEDIA

Prepare to be startled. And prepare to forget about the previous-generation Kia Magentis that was about as anonymous as a sedan could be.

As with the recently released Sorento and Sportage wagons, plus 2010's Forte Koup coupe and boxy Soul, the new Optima (the Magentis adopts the U.S. name) is a visual shot to the solar plexus, but not in any outrageous way. Kia has simply elevated the styling to a new artistic high from which the competition could learn a thing or three.

Kia uses the latest Hyundai Sonata platform (Kia is part of the Hyundai family) as its starting point and then adds its



The spacious interior is equally stylish.

own special sheetmetal to make the Optima just about the sleekest sedan on the road.

The spit and polish extends to the passenger compartment with an attractive display panel that's angled toward the driver, but not so much as to deprive anyone seated in the shotgun position from access to the communications and audio controls.

The Optima's larger in-

terior — in part created by a 7.5-centimetre gain in distance between the front and rear wheels — helps provide greater rear-seat space. Wider doors also make for easier back-seat entry and exit.

Also increased are the outputs of the base and optional powerplants, which mirror those of the Sonata. The starting point is a 2.4-litre four-cylinder that provides 200 horsepower and

186 pound-feet of torque. That's a gain of 25 horsepower and 17 pound-feet over the outgoing engine of equal displacement.

Later in the model year, you'll be able to order your Optima with a fuel-saving gasoline-electric hybrid system that matches a 2.4-litre four-cylinder with a 30-kilowatt electric motor to make 209 net horsepower.

Options include a panoramic sunroof, navigation system with backup camera plus heated and cooled front seats.

The Optima arrives later this year with an estimated \$22,000 base price, although a low price point is no longer the predominant reason to look at this Korean brand. Quite the opposite. Love the style and be surprised at how little it will cost you to get behind the wheel.

New contender

What you should know about the 2011 Kia Optima:

- **Type:** Four-door, mid-size, front-wheel-drive sedan.
- **Engines (hp):** 2.4-litre DOHC I4 (200); 2.0-litre DOHC I4, turbocharged (274).
- **Transmissions:** Six-speed manual; six-speed automatic.
- **Market Position:** Kia, along with parent Hyundai, is shaking up the mid-size sedan market with styling that is both daring and dashing. Older buyers might not warm to the look, but younger family members are going to love it.
- **Safety:** Front airbags; side-impact airbags; side-curtain airbags; anti-lock brakes; traction control; stability control.
- **Stats:** L/100 km (city/hwy), 9.4/5.7 (2.4, AT, est.); Base price (incl. destination) \$22,000 (est.)

By comparison

Ford Fusion

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Honda Accord

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Toyota Camry

Base price: \$26,800
For Kia, this top-dog sedan is the one to beat. Available as a hybrid, too.

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Every time I feel the need to discuss grip, I talk to Pierre Savoy, chief instructor of the BMW Canada Winter Driving School.

Pierre knows grip like Sponge Bob knows Crabby Patties.

Pierre's focus at this time of year, just before or during our first dumps of snow, is that people understand the limitations of their fancy, schmancy all-wheel-drive (AWD) and/or 4x4 systems.

"If the weather is bad — snow, sleet, ice — the AWD system will excel at putting that power down, because it does that with four wheels rather than

two," he says.

"But this is where the problem starts. Since the system is so proficient at putting down power, the driver immediately gets a false sense of the real amount of grip that's available for braking or steering."

This is why the first vehicle you see in a ditch on that first snowy day of the season is usually some kind of 4x4 or AWD vehicle.

Accelerating over snow in a straight line makes them feel like Superman, but when it comes time to brake or steer they're back to being regular Joes.

Another way of appreciating this split personality



► An AWD or 4x4 system will only do its thing when "under power," often giving drivers a false sense of power in winter driving conditions.

of an AWD/4x4 system is to remember that it will only do its thing when "under power" — basically any time you touch the gas pedal (as you send power to all four wheels instead of two).

Any other time, like when you're entering a

corner and moving through the corner to the point where you can accelerate, your vehicle's traction is limited, like every one else on the road, to what your tires can provide for that surface.

Or as Pierre explains: "If you are at the tire's physi-

cal limit of grip, it doesn't matter whether you have any of these (AWD or 4x4) systems or not. There is no way they can generate any more of something that no longer exists — grip."

He adds that the best technical feature that can help either a 2WD or 4WD

vehicle get around a corner safely, especially when a vehicle approaches the physical limit of available grip, is weight distribution. The closer the vehicle is to a 50/50 front/back weight distribution, the better it will corner, and the more predictable it will be while cornering.

Some of the more modern AWD systems, which can move torque between the inside and outside tires when in a corner, can help stabilize a vehicle in a corner, but again, acceleration needs to be present.

Stability control systems also help stabilize vehicles in a corner, but like AWD systems, they are reactionary — they kick in only when you've already exceeded your allotted amount of grip.

They kick in faster than you can blink — no question they are amazing and work as advertised.

But relying on them to tell you how fast to go through a corner is like using a smoke detector to tell you when the lasagna is done.



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A red Ram 1500 pickup truck is shown from a front three-quarter view. The truck features a prominent chrome grille with the Ram logo in the center, a chrome bumper, and chrome side mirrors. The body is painted a vibrant red, and the truck has a dual-cab configuration. The wheels are black with a multi-spoke design. The background is plain white.

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Fusion a solid bet

► First-generation Fusion delivered ahead-of-time style and handling

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Shopping out a used Fusion? Look for four or six-cylinder power and either automatic or manual transmissions. Base models got a smooth, 2.3-litre four-banger with a five-speed stick or five-speed automatic handling its 160 horsepower. An available 3-litre V6 mustered 221 horsepower and got a six-speed automatic. All Wheel Drive (AWD) was available, though most

models in the used market were front-wheel drive.

What owners like

Interior and exterior styling, performance and handling were all highly rated by Fusion's owners. Ease of entry and exit, premium interior trim and generous storage levels were also highly rated.

The specs

- MODEL 2006 to 2009 Ford Fusion
- VEHICLE TYPE Sedan
- APPROXIMATE USED PRICE RANGE \$9,000 to \$23,000



► The second-generation Fusion is now on sale.

What owners hate

On four-cylinder, manual-equipped models, performance is said to be "adequate" at best. Other complaints of the Fusion are pleasantly limited. Owners and reviewers tend to agree that the Fusion seems a solid, well-sorted machine.

Common issues

On a test-drive, ensure all locks and door handles work as expected, both from inside and outside of the vehicle. Inspect the area around the sunroof (if equipped) for signs of rust or moisture damage, and ensure all in-cabin electronics work as expected.

Listen to the vehicle's front-end for signs of clunking or clacking sounds, which could indicate a suspension problem. On a road test, expect a solid, comfortable ride that's a little on the stiff side, but be wary of unusual noises. Some Fusion owners complain that the ride can

quickly degrade due to premature wear of bushings, sway-bar links or struts.

The verdict

For shoppers after a sporty and unique sedan that doesn't blend into the endless sea of Camrys, a well-priced and well-maintained Ford Fusion is worth a look.

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transmission cooler and spring spacers for the correct ride height.

You also get a module to correct your speedometer, set tire-pressure monitor thresholds and establish a high idle setting for operating a winch.

Of course you must source the appropriate 5.7- or 6.1-litre Grand Cherokee or Commander Hemi V8. AEV states that most companies that supply the kit pieces are tier-one Chrysler suppliers, which also make original-equipment Jeep components. For more, visit aev-conversions.com.

low as much wear and heat build-up) and large reductions in carbon-monoxide emissions (62 per cent) versus conventional synthetic oils, and fuel savings in both gasoline and diesel engines of up to 4.5 per cent.

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Plus qualifying customers can get	
Ford Recycle Your Ride Incentive	UP TO \$3,000 [*]
Retire Your Ride Incentive	\$300 [*]
Ford Credit Cash (when financing)	\$1,500 [‡]

TOTAL ELIGIBLE INCENTIVES

UP TO
\$12,300



2010 **RANGER** SUPERCAB SPORT 4x2

Own for only
\$13,699*

Includes \$6,000 manufacturer rebate

Recycle your Ride Incentive \$1,000^{*}
Ford Credit Cash (when financing) \$1,000[‡]

Eligible consumers own for
\$11,699*

Offer excludes taxes and freight.



2010 **F-150** REGULAR CAB 4x2 XL

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\$18,499*

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Recycle your Ride Incentive \$3,000^{*}
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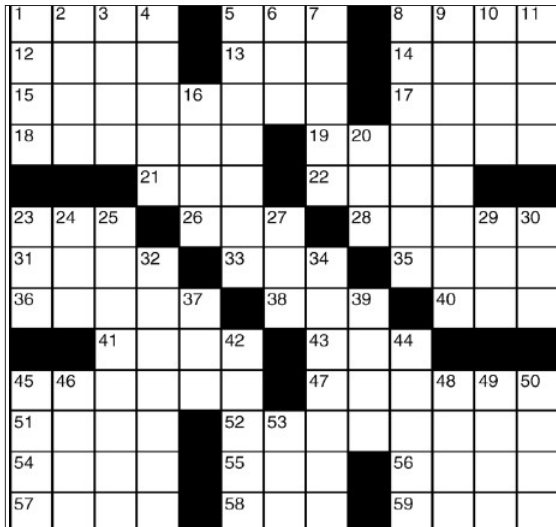
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Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. † Offer valid from Oct. 1/10, to Nov. 30/10 (the "Offer Period"). Customers who purchase finance or lease most new 2010 or 2011 Ford vehicles and finance through Ford Credit Canada will receive \$3000/(\$1500) (the "Offer") on 2010 [Focus/Fusion/Fusion Hybrid/Mustang (excluding GT500)]/Taurus/Ranger/Edge/Flex/Escape/Explorer/Expedition/Transit Connect/E-Series/(F-150) (excluding Raptor)/(F-250 to F-550) and \$1000/(\$500) on 2011 [Focus S/Fusion S/Mustang (excluding GT500)]/Taurus SE/Ranger/Edge SE/Flex SE/Escape I4 Manual/Expedition/Transit Connect/E-Series/(F-150) (excluding Raptor)/(F-250 to F-550) (each an "Eligible Vehicle"). The new vehicle must be delivered and/or factory ordered from your participating Ford dealer during the Offer Period. Only one (1) Offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per customer. This offer is raincheckable. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of either factory order or delivery, but not both. This offer is not combinable with CPA, GPC, CFP, FALS or Daily Rental Allowance Incentives. Customer may use the Offer amount as a down payment or choose to receive a rebate cheque from Ford of Canada, but not both. Taxes payable before Offer amount is deducted. *Purchase a new 2010 Ford [Ranger SuperCab Sport 4x2/F-150 Regular Cab 4x2/F-150 SuperCab XLT 4x4] for \$13,699/\$18,499/\$29,899 after Total Manufacturer Rebate of \$6,000/\$6,500/\$7,500 deducted. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Eligible customers may pay \$11,699/\$13,999/\$25,399 on 2010 Ford [Ranger SuperCab Sport 4x2/F-150 Regular Cab 4x2/F-150 SuperCab XLT 4x4] when taking advantage of Recycle Your Ride (\$1,000/\$3,000/\$3,000), Ford Credit Cash (when financing) \$1,000/\$1,500/\$1,500 (details outlined below). Offers exclude freight and air tax (\$1,400/\$1,500/\$1,500), license, fuel fill charge, insurance, PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ‡Receive \$500/\$1,000/\$1,500/\$2,000/\$2,500/\$3,000/\$3,500/\$3,750/\$4,000/\$4,250/\$5,000/\$5,500/\$6,000/\$6,500/\$7,000/\$7,500/\$10,000/ \$500/\$1,000/\$3,500/\$4,000/\$5,000/\$5,000/\$7,000) in Manufacturer Rebates with the purchase or lease of a new [2010/2011] [E-Series/Focus S/Fusion Hybrid/Explorer 4 door, Transit Connect/Focus (excluding S), Fusion S/Fusion (excluding S and Hybrid), Escape Hybrid, F-350 - F-550 Chassis Cab/Edge SE, Flex SE/Escape (excluding I4 Manual and Hybrid)/Ranger Regular Cab/Escape I4 Manual/Taurus SE, Ranger Super Cab XL, Explorer Sport Trac/Taurus (excluding SE)/Ranger Super Cab (excluding XL), Mustang, Edge (excluding SE), Flex (excluding SE), F-150 Regular Cab/Expedition/F-150 (excluding Regular Cab)/F-250 - F-450 (excluding Chassis Cab)]/(Mustang (value leader)/Transit Connect/Mustang V6 (excluding Value Leader)/F-150 Regular Cab (excluding XL 4x2), Expedition/Mustang GT/Ranger Super Cab (excluding XL), F-150 (excluding Regular Cab)/F-250 - F-450 (excluding Chassis Cab), All Shelby GT500, F-150 Raptor and Medium Truck models are excluded. *Program in effect from Oct. 1/10, to Jan. 31/11 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYR") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program" delivered by Summerhill Impact with financial support from the Government of Canada, or Summerhill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", which offers \$300 cash or rebate on the purchase of a 2004 or newer vehicle, customer must turn in a 1995 model year or older vehicle in running condition (able to start and move) which has been properly registered and insured for the last 6 months to an authorized recycler. If a customer qualifies for Car Heaven or Retire Your Ride, Ford of Canada ("Ford") will provide an additional Rebate, with the purchase or lease of an eligible new 2010/2011 Ford or Lincoln vehicle, in the amount of \$1,000CDN (Focus (excluding 2011 S), Fusion (excluding 2011 S), Mustang (excluding Shelby GT500 and 2011 Value Leader), Transit Connect, Ranger (excluding 2011 XL), \$2,000CDN (Taurus (excluding 2011 SE), Escape (excluding 2011 XLT I4 Manual), Edge (excluding 2011 SE), Flex (excluding 2011 SE), Explorer (excluding 2011 Base models), Sport Trac), or \$3,000CDN (F150 (excluding Raptor and 2011 Regular Cab XL 4x2), F250-550, E-Series, Expedition, MKZ, MKS, MKX, MKT, Navigator) (each an "Eligible Vehicle"). Rebate amount may be used as a down payment or received as cheque from Ford, but not both. Taxes payable before Rebate amount is deducted. RYR Rebates are available to residents of Canada only excluding Northwest Territories, Yukon Territory, and Nunavut. Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Rebates are raincheckable. Rebates not available on any vehicle receiving CPA, GPC, Commercial Connection, or Daily Rental Rebates and Commercial Fleet Incentive Program (CFIP). Limited time offer, see dealer for details or call Ford Customer Relationship Centre at 1-800-565-3673. © 2010 Ford Motor Company of Canada, Limited. All rights reserved.

Crossword

Across

1 Fourth dimension
5 "Humbly!"
8 "Hey, you!"
12 Raw minerals
13 Rhyming tribute
14 Lotion additive
15 Burgers and fries, often
17 City in Alaska
18 Loosen, as 38-
Across
19 Nibbled persistently
21 Chum
22 Apiece
23 Tummy muscles
26 Chaps
28 Leavening agent
31 Tra —
33 Label
35 Opposed
36 Utah city
38 Monokini's lack
40 Prepare Easter eggs
41 Sentence fragment
43 Not at your desk
45 Drink
47 Grab quickly
51 Stentorian
52 Pitcher's tactic
54 Enticement
55 Right angle
56 Kitchen flooring, for short
57 Transmit
58 Shaft of light
59 Part of Q.E.D.



Down

1 Bean curd
2 Middle East nation
3 Netting

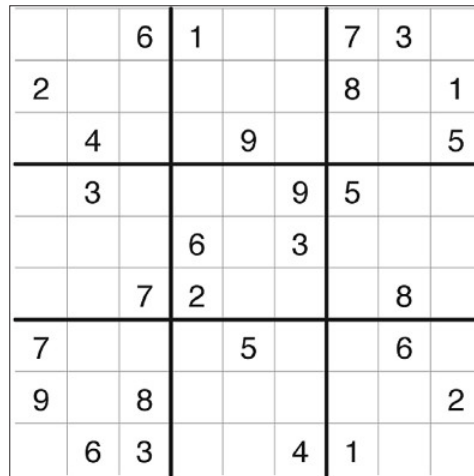
4 Prevent, legally
5 Tract
6 Commotion
7 Topiary canvas, maybe
8 Cure-all
9 Pointer Sisters hit
10 A handful
11 Prepared to drive
16 Lather
20 Aye undoer
23 Matterhorn, e.g.
24 Tavern
25 Display of anger that builds up
27 Apprehend
29 Pigpen
30 Dead heat

32 Stayed away from
34 So as to elicit an "Eee-wwwww!"
37 Sphere
39 Family member
42 Postpone
44 Dining room need
45 Troubles
46 Grimace
48 Twosome
49 Arm bone
50 Whodunit basis
53 — carte

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

2	4	1	3	5	7	6	8	9
9	6	3	4	8	1	7	2	5
7	8	5	6	9	2	4	1	3
5	3	4	7	2	6	1	9	8
6	2	8	1	4	9	5	3	7
1	7	9	5	3	8	2	4	6
3	5	7	9	1	4	8	6	2
4	9	2	8	6	5	3	7	1
8	1	6	2	7	3	9	5	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my man Stephen, Happy 1 yr anniversary! I can't wait to celebrate properly. Thank St. Cornelius for bringing you to me. I love my law man ~ XOXO YOUR GIRL

M&M (C.F.), Thanks for always being there for me and being a absolutely amazing friend to me. I honestly don't know how I would of gotten through these past few months without you. I hope we can work things out and you can forgive all the mistakes that I have done. I LOVE YOU. - ALAN.

Happy Birthday Scottie.....you are such an amazingly, sexy, brilliant man and if you made me any happier I would throw up. Have a wonderful day..... all my love now and forever SHERESSE

Today's horoscope

♈ Aries March 21-April 20
Most likely you haven't done anything you would be arrested for but because some people don't agree with your aims you may try to hide what you've been up to. Don't. You've done nothing wrong.

♉ Taurus April 21-May 21
If you allow yourself to fall for someone's charms today you could be inviting a whole lot of trouble into your life.

♊ Gemini May 22-June 21
If what others expect of you is different to what you expect of yourself don't change your ways just to stay in their good books. The planets urge you to be a bit more selfish than usual.

♋ Cancer June 22-July 22
You will be at your very best today: both at home and at work you will dazzle with your wit and your wisdom.

♌ Leo July 23-Aug. 23
Someone is scheming to make life difficult for you, so be on your guard today and be wary of situations where you are likely to be out of your depth.

♍ Virgo Aug. 24-Sept. 22
It may annoy you that a friend or a family member seems incapable of seeing your side of the story but getting hot under the collar about it won't change a thing.

♎ Libra Sept. 23-Oct. 23
What happens over the next 24 hours may be unsettling but

For today's crossword answers and for expanded horoscopes, go to metronews.ca

it's not the end of the world — not nearly — so don't panic.

♏ Scorpio Oct. 24-Nov. 22
Take care not to read too much into what happens today, especially where affairs of the heart are concerned. The signals you are getting are liable to be twisted to such an extent that you get the wrong end of the stick entirely.

♐ Sagittarius Nov. 23-Dec. 21
Are you being allowed to express yourself in the way that you would like? If not, make an extra special effort today to put forward your opinions.

♑ Capricorn Dec. 22-Jan. 20
It may seem as if someone is trying to deceive you — all the

signs are there — but can you be sure? Chances are you have allowed your mind to interpret those signs in completely the wrong way.

♒ Aquarius Jan. 21-Feb. 18
Authority figures of one stripe or another have been very helpful of late but don't push your luck and demand too much of them.

♓ Pisces Feb. 19-March 20
Your belief in yourself has taken a bit of a dive and the best way to deal with your waning self-confidence is to set yourself a challenge that demands the very best of you.

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Today



6°/2°
Cloudy

Thursday



8°/1°
Sunny

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Conditions apply. Ex: Halifax. Package price is per person, based on quad occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

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